

WELL PERSON CHECKS

We offer all our patients the opportunity to attend for Well Man and Well Woman check-ups when you will be able to discuss any aspect of general health with Anne, our Health Care Assistant. She will also be pleased to talk to you about any health concerns such as dietary problems, stress, alcohol consumption and smoking.

MATERNITY CARE

Our antenatal clinics are held every other Thursday afternoon and appointments are offered with our midwife, Charlotte, at 15 minute intervals. New booking appointments are available every other Thursday afternoon, again with Charlotte, at hourly intervals.

When your baby is 6-8 weeks old it will need to have a check up with the doctor and we will contact you to offer an appointment for you to attend.

CHILD HEALTH CLINIC

The doctors at the practice provide this service for your child up until the age of five years and undertake to carry out all recommended immunisations and health checks. The Child Health Clinic is held every Tuesday afternoon (except on the third Tuesday of each month) between 2pm and 3.30pm for vaccinations. You do not need an appointment to attend.

CERVICAL CYTOLOGY

The practice recommends that all women take advantage of the cervical smear test from the age of 24½ years. Further tests should then be carried out as follows:

- ◇ Every three years until you reach the age of 49
- ◇ Every five years thereafter until the age of 65

You will be sent a reminder by NHS England when your next smear test is due. The above recommendations are for 'routine' smears only. If you are experiencing any problems please speak to your doctor.

If at any time you feel you would like a specific health check which is not listed in this leaflet, please let us know.

The Paddock Surgery

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www.thepaddocksurgery.co.uk



HEALTH CHECKS

Find out more about the range of

Health Checks available at

The Paddock Surgery

HEALTH CHECKS

At The Paddock Surgery we offer a wide range of Health Checks both to monitor existing medical conditions and to proactively help you manage a healthy lifestyle in order to avoid problems in the future.

LONG TERM CONDITIONS

When you are first diagnosed with a long term condition such as Diabetes, Asthma, Coronary Heart Disease, Chronic Obstructive Pulmonary Disease etc. we will give you details about the ongoing care and monitoring you can expect and which member(s) of the clinical team will be your main point of contact. You may also be eligible for an annual influenza vaccination which is available from September each year.

DIABETES

Our Practice Nurse, Carol, is qualified to manage patients suffering from Diabetes. Full reviews are carried out annually and appointments are sent out by us. Blood tests may be needed more often than this but you will be advised if this is the case.

CORONARY HEART DISEASE / COPD / ASTHMA

Our Practice Nurse, Carol, is qualified to manage patients suffering from these conditions. An appointment will be sent to you when your annual review is due.

LEARNING DISABILITY

Dr Robinson looks after the patients with Learning Disabilities. He will send out a letter annually inviting patients and their carers to attend. The check covers general health, social environment, medication, mood and lifestyle and gives us an opportunity to provide a Health Action Plan to help with future medical problems.

DEMENTIA

Our doctors carry out annual checks on patients diagnosed with Dementia. Home visits can be arranged.

EPILEPSY CHECKS

We encourage patients to see the doctor each year for a review of medication and general health. We rely on patients to arrange an appointment

MENTAL HEALTH CHECKS

Patients with certain mental health conditions are invited to attend the surgery for a review of their health and any medication they are taking. All checks are carried out by their own GP once a year in a routine appointment.

OTHER HEALTH CHECKS

We offer a selection of other checks to patients and these are listed below.

PATIENTS AGED 75 and OVER

When you reach the age of 75 years, if you do not have an existing long term condition, we will contact you annually to invite you to have a Health Check with Anne our Healthcare Assistant. The purpose of the review is to assess your physical and also your current mobility, level of support (if needed), nutrition, memory problems and any concerns or issues with which you feel we can assist.

NHS HEALTH CHECKS

Through the practice, the NHS is offering Health Checks to people aged between 40 and 74 years of age once every five years. Again the check is for patients who do not have an existing long term condition. The check is to assess your future risk of developing heart disease, stroke, kidney disease or diabetes. If there are any warning signs then together we can do something about it. You will be asked to attend for a blood test a week or two before your main appointment. Details of both appointments will be sent to you and the main one will last between 20 and 30 minutes. We are writing to all patients in the age group but if you have not yet received a letter and would like to have a Health Check, please contact the surgery and ask for an appointment for an NHS Health Check.